

Health and sports

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Hungarian Slidefilm Manufacturing Company
Budapest, 1959

As a supplement to physical education classes at school, children must be accustomed to radio exercise.

This is not just an ordinary family photo... The family should do radio exercises together. The “elders” may just finish it earlier...

Women like doing the so-called “health exercises” together.

Opportunities to do exercise and sports are everywhere, even at the workplace. Factory exercises done outside, or by the open window, vitalize the circulation and “air out” the lungs.

Exercises done before work or during breaks not only refresh the body, but also keep a person in shape. This is why a few minutes of exercise is important for every working woman.

Strength, health and beauty are not unattainable dreams if we start working for them with conscious and planned education from the first moments of life – if we engage in physical education.

Strength, health and beauty ... but sports mean even more than that: not only does it exercise the body, it also builds character. A sound mind in a sound body, says the ancient proverb.